

Torque releasing mechanism for fitness training equipment

Abstract

Steel cables on fitness equipment, through repeated use, will build up undesired torque, due to irregular and unpredictable turns and spins. Such accumulated and undesired torque has a tendency to cause the cable to derail from the grooves on the gears it is supposed to stay and slide. The grab bar or handle bar, where a user grabs to start workout routine, likewise, has a tendency to turn or spin in an uncontrollable way and could potentially injure a user. Present invention effectively releases the undesired torque and restores the cable to its neutral and relaxed state, so that the fitness equipment will experience less malfunctioning, and user safety is enhanced.